

NOTE:
Please read all
instructions carefully
before using this product

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Model
MCB-999

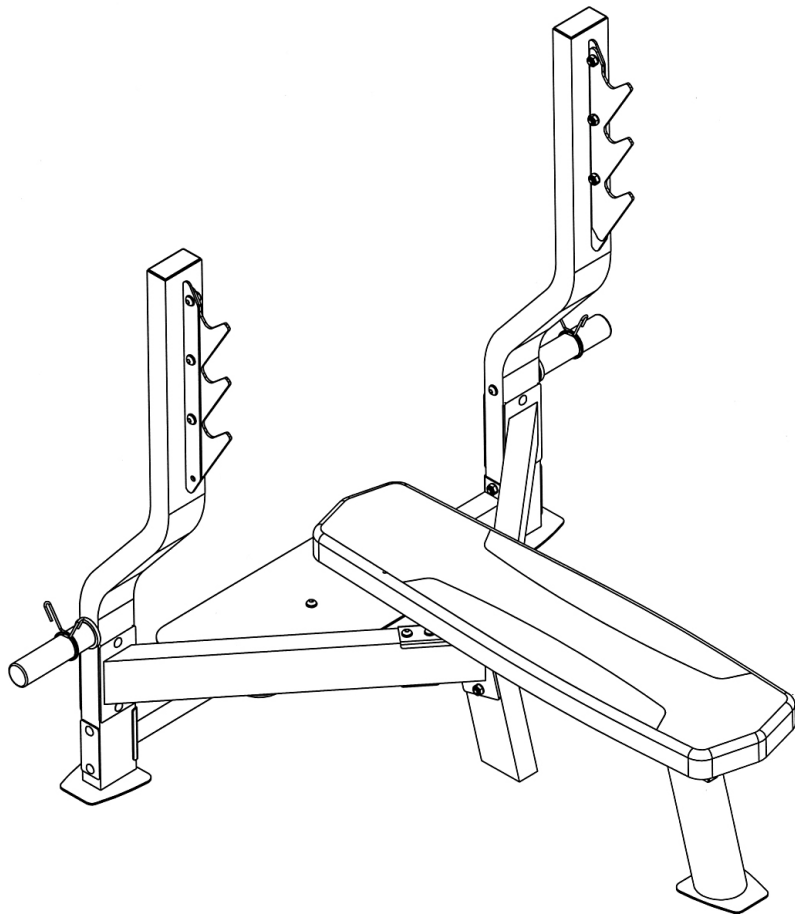
Retain This
Manual for
Reference

07/28/08

**OWNER'S
MANUAL**

IMPEX

MARCY CLUB MONSTER OLYMPIC BENCH MCB-999



IMPEX[®] INC.

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BEFORE YOU BEGIN

Thank you for selecting the **MARCY CLUB MONSTER OLYMPIC BENCH MCB-999** by **IMPEX® INC.** For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee your complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

www.impex-fitness.com

info@impex-fitness.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.
13. Maximum user's weight: 300 lbs.
14. Maximum weight on uprights: 600 lbs.

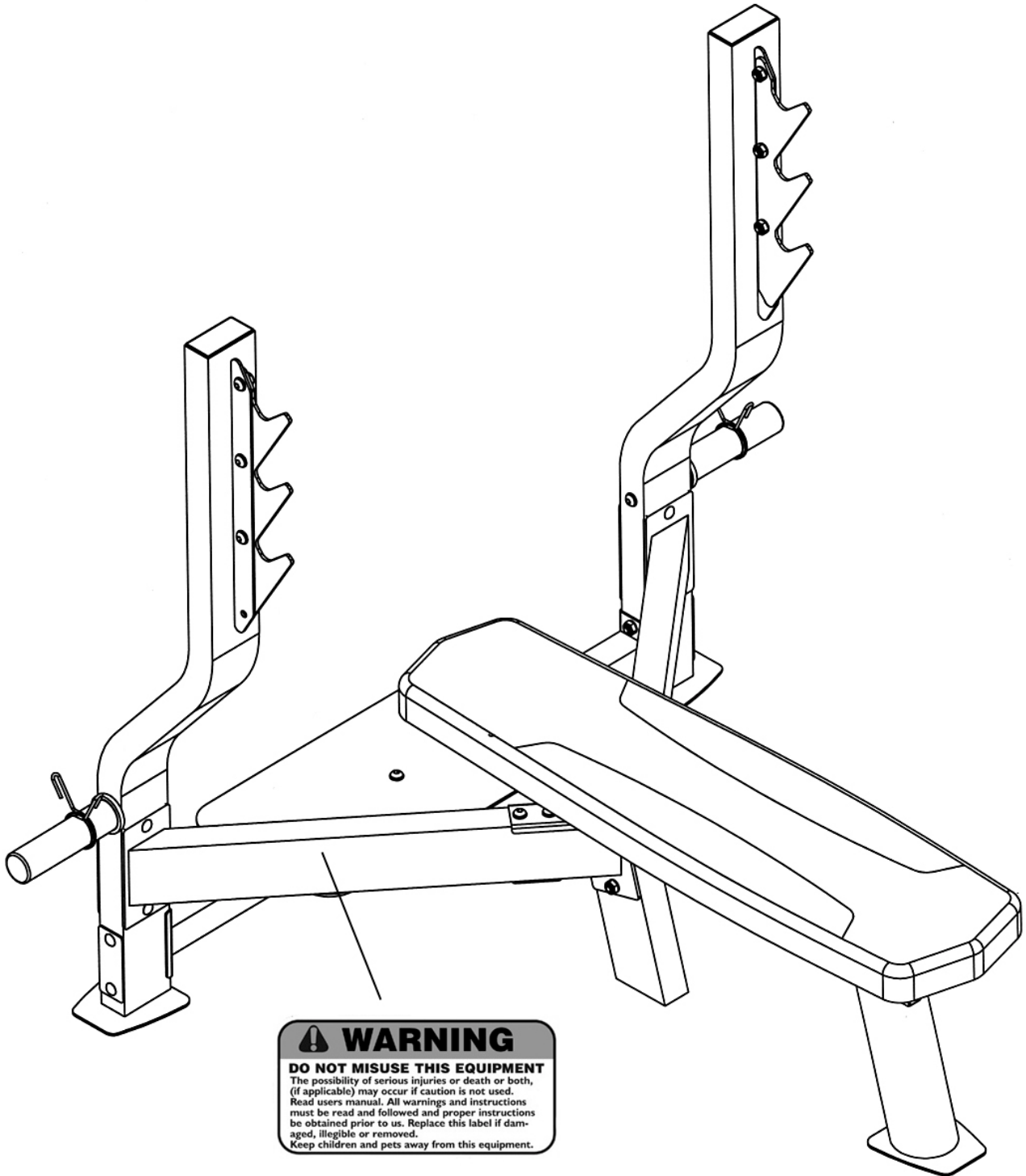
CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

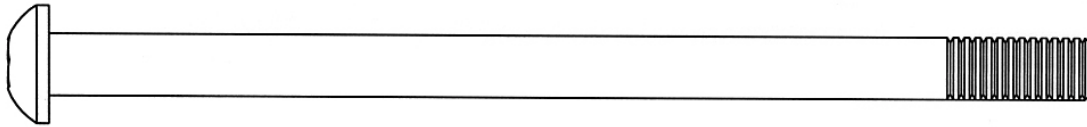
WARNING LABEL REPLACEMENT



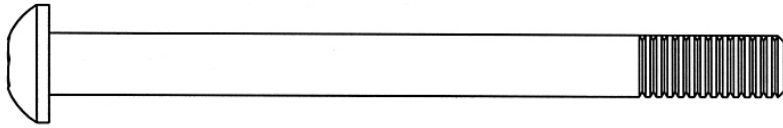
The Warning Labels shown here have been placed on the Support Frame. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown

HARDWARE PACK

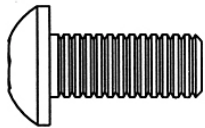
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



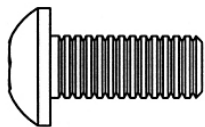
#24 M10 x 6 $\frac{3}{4}$ " Allen Bolt (Qty 2)



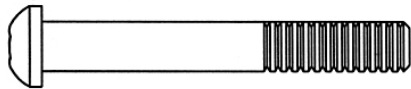
#23 M10 x 4 $\frac{3}{4}$ " Allen Bolt (Qty 4)



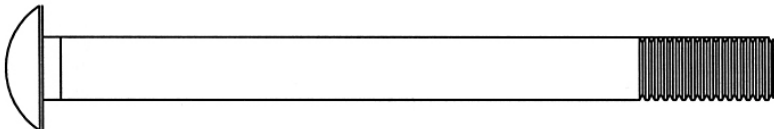
#20 M10 x 1" Chrome Allen Bolt (Qty 6)



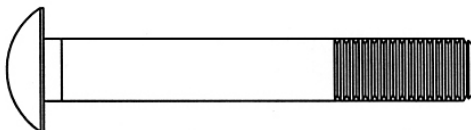
#22 M10 x 1" Allen Bolt (Qty 2)



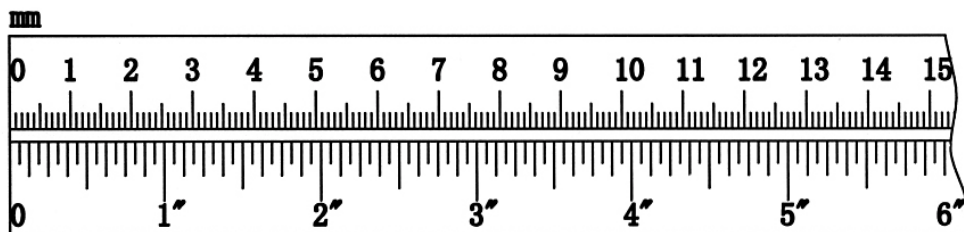
#25 M8 x 2 $\frac{3}{8}$ " Allen Bolt (Qty 4)



#27 M10 x 4 $\frac{3}{4}$ " Carriage Bolt (Qty 4)



#26 M10 x 2 $\frac{3}{4}$ " Carriage Bolt (Qty 9)



HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



#28 \varnothing $\frac{3}{4}$ " Chrome Washer
(Qty 12)



#29 \varnothing $\frac{3}{4}$ " Washer
(Qty 27)



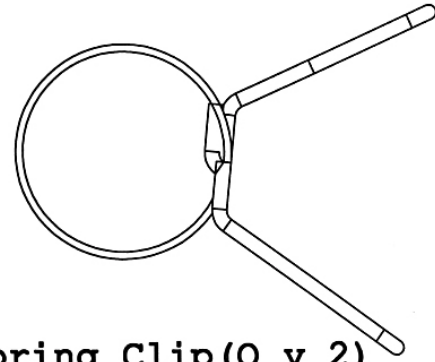
#30 \varnothing $\frac{5}{8}$ " Washer
(Qty 4)



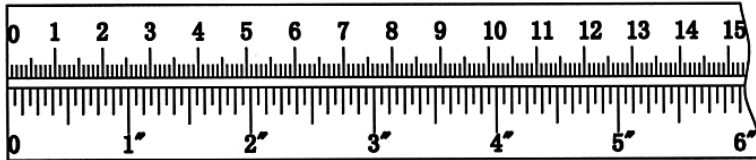
#31 M10 Chrome Aircraft Nut
(Qty 6)



#32 M10 Aircraft Nut
(Qty 19)



#19 Spring Clip (Qty 2)



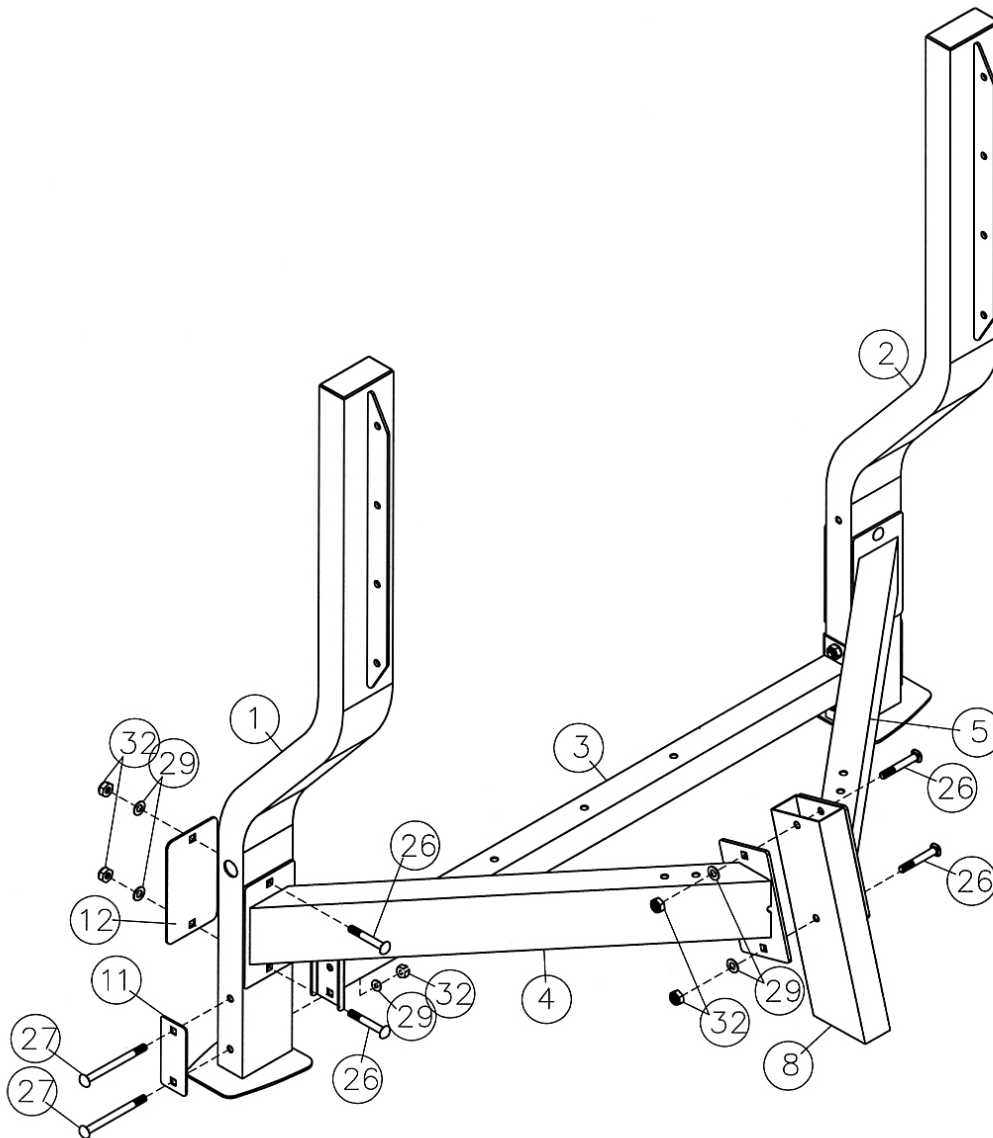
ASSEMBLY INSTRUCTION

Tools Required For Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended for two or more people to assemble this machine to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Do not tighten Nuts and Bolts until instructed to do so.
- B.) Connect the Right & Left Upright Beam (#1) & (#2) by a Cross Brace (#3) in the mid-span. Secure each end of the Cross Brace to the Upright Beams with two M10 x 4 3/4" Carriage Bolts (#27), one 4 3/4" x 2" Bracket (#11), two Ø 3/4" Washers (#29), and two M10 Aircraft Nuts (#32).
- C.) Attach the Right Support Frame (#4) to the Right Upright Beam. Secure them together with two M10 x 2 3/4" Carriage Bolts (#26), one 7 1/8" x 4" Bracket (#12), two Ø 3/4" Washers (#29), and two M10 Aircraft Nuts (#32). Repeat the same procedure to install the Left Support Frame (#5) to the Left Upright Beam.
- D.) Place the Middle Post (#8) in between Right & Left Support Frame. Align the holes. Secure them together with two M10 x 2 3/4" Carriage Bolts (#26), two Ø 3/4" Washers (#29), and two M10 Aircraft Nuts (#32).

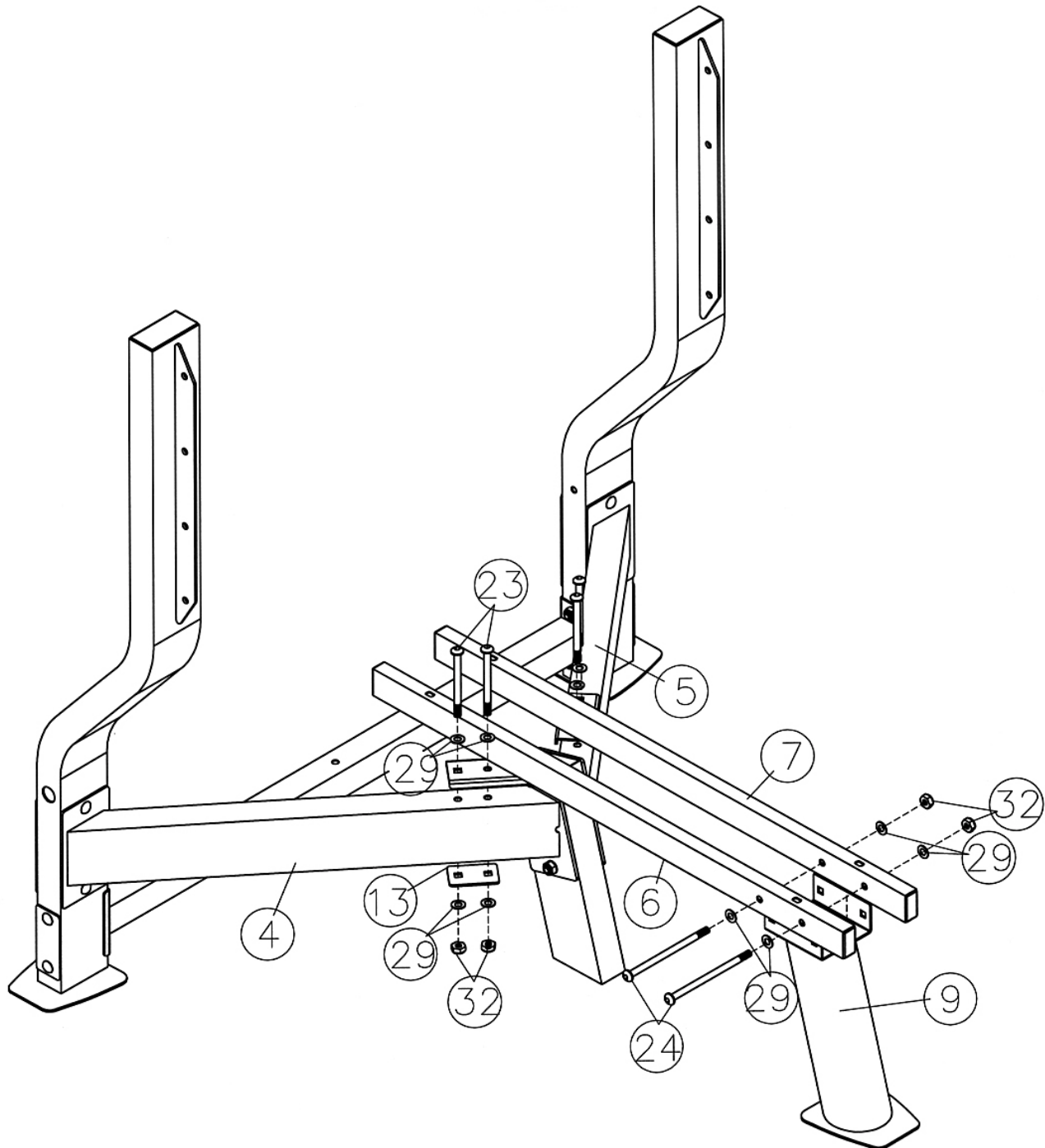
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Place the Right Backrest Support (#6) onto the Right Support Frame (#4). Secure it with two M10 x 4 $\frac{3}{4}$ " Allen Bolts (#23), one 3" x 2" Bracket (#13), two $\varnothing \frac{3}{4}$ " Washers (#29), and two M10 Aircraft Nuts (#32). Repeat the same procedure to install the Left Backrest Support (#7) onto the Left Support Frame (#5).
- B.) Attach the other end of Right & Left Backrest Support onto the Front Post (#9). Align the holes. Secure them together with two M10 x 6 $\frac{3}{4}$ " Allen Bolts (#24), four $\varnothing \frac{3}{4}$ " Washers (#29), and two M10 Aircraft Nuts (#32).
- C.) **Securely tighten all Nuts and Bolts installed.**

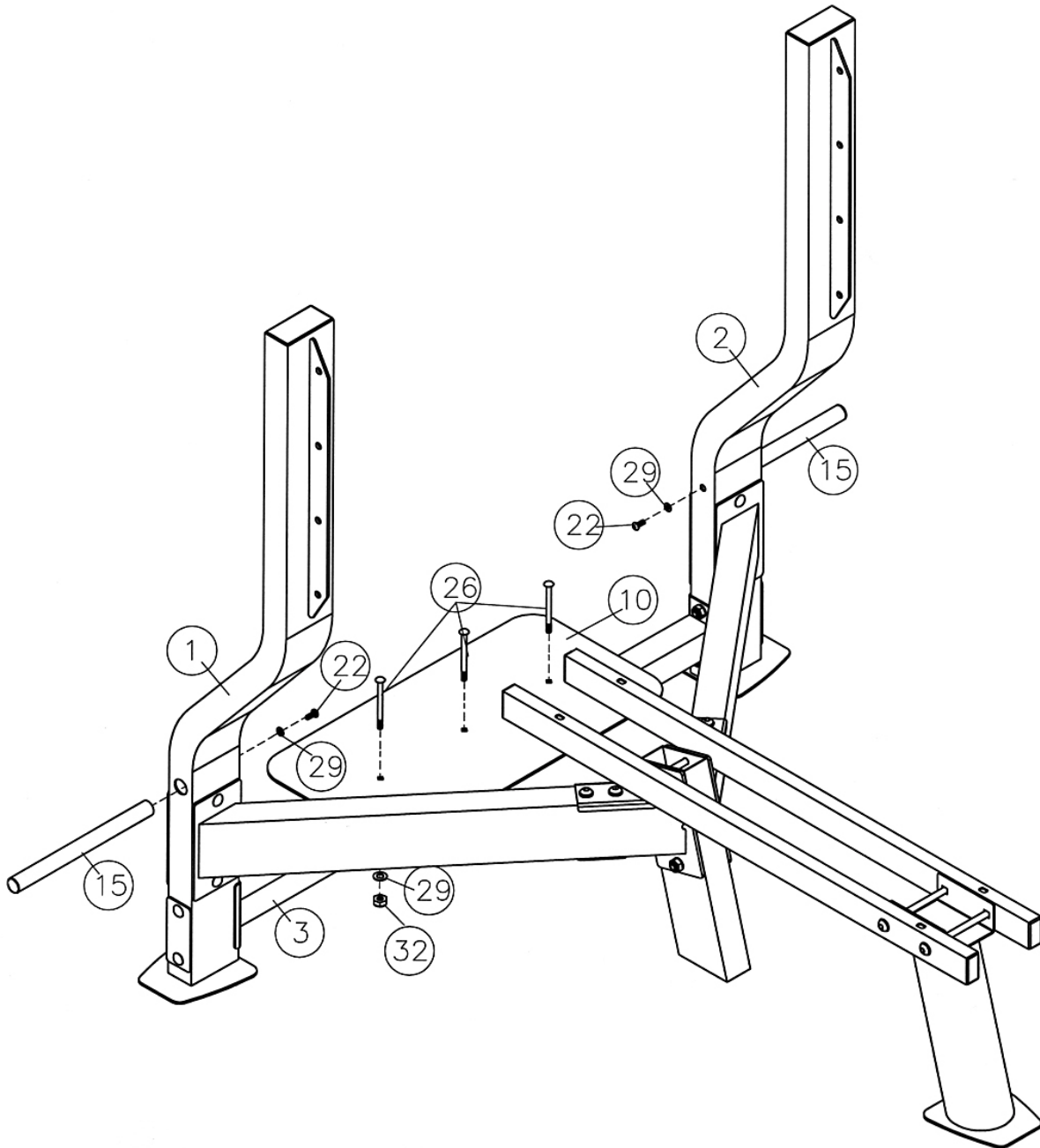
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Foot Plate (#10) onto the Cross Brace (#3). Secure it with three M10 x 2 3/4" Carriage Bolts (#26), three Ø 3/4" Washers (#29), and three M10 Aircraft Nuts (#32).
- B.) Insert two Weight Posts (#15) into Right & Left Upright Beams (#1) & (#2). Secure each Weight Post with one M10 x 1" Allen Bolt (#22) and one Ø 3/4" Washer (#29).

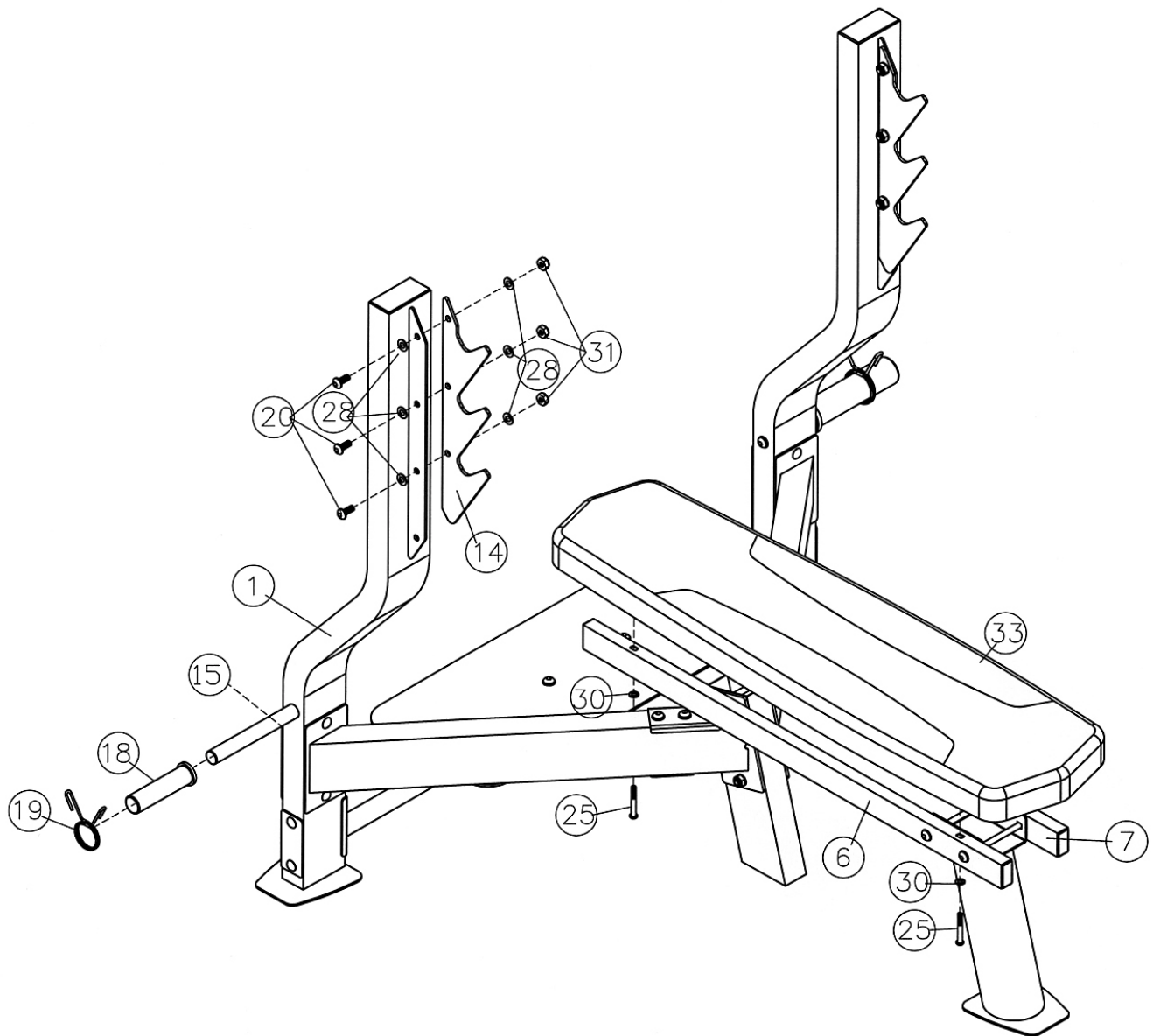
DIAGRAM 3



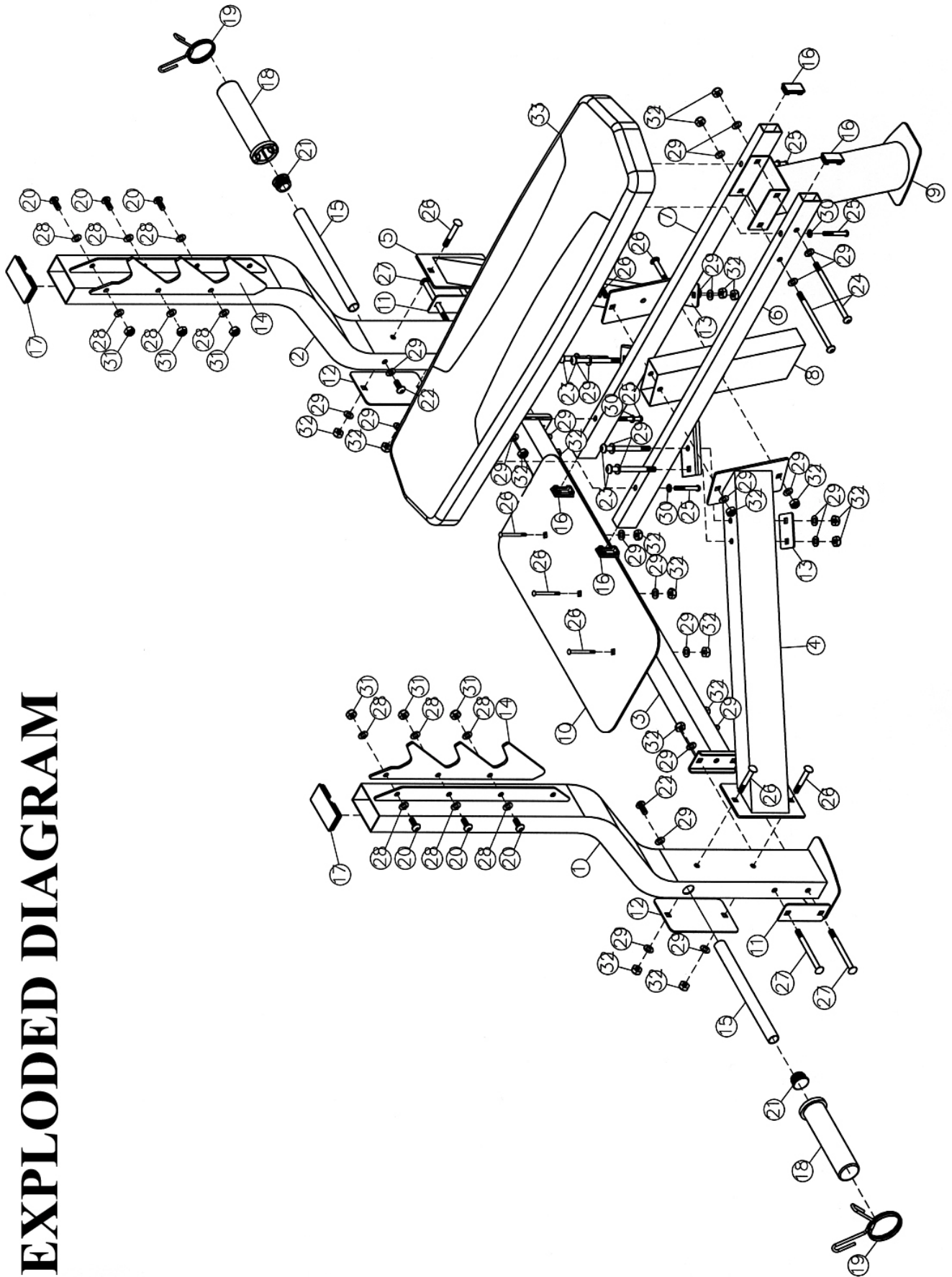
STEP 4 (See Diagram 4)

- A.) Attach the Backrest Board (#33) onto the Right & Left Backrest Support (#6) & (#7). Secure it with four M8 x 2 3/8" Allen Bolts (#25) and four Ø 5/8" Washers (#30).
- B.) Attach one Bar Catch (#14) to the Right Upright Beam (#1). Secure it with three M10 x 1" Chrome Allen Bolt (#20), six Ø 3/4" Chrome Washers (#31), and three M10 Chrome Aircraft Nuts (#31). Repeat the same procedure to install the other Bar Catch to the Left Upright Beam.
- C.) Slide two Olympic Sleeves (#18) onto the two Weight Posts (#15). Attach two Spring Clips (#19) onto the two Olympic Sleeve.

DIAGRAM 4



EXPLODED DIAGRAM



**PARTS LIST
KEY NO.**

DESCRIPTION

QUANTITY

1	Right Upright Beam	1
2	Left Upright Beam	1
3	Cross Brace	1
4	Right Support Frame	1
5	Left Support Frame	1
6	Right Backrest Support	1
7	Left Backrest Support	1
8	Middle Post	1
9	Front Post	1
10	Foot Plate	1
11	4 ¾" x 2" Bracket	2
12	7 1/8" x 4" Bracket	2
13	3" x 2" Bracket	2
14	Bar Catch	2
15	Weight Post	2
16	1" Square End Cap	4
17	2" Square End Cap	2
18	Olympic Sleeve	2
19	Spring Clip	2
20	M10 x 1" Chrome Allen Bolt	6
21	Ø 1" End Cap	2
22	M10 x 1" Allen Bolt	2
23	M10 x 4 ¾" Allen Bolt	4
24	M10 x 6 ¾" Allen Bolt	2
25	M8 x 2 3/8" Allen Bolt	4
26	M10 x 2 ¾" Carriage Bolt	9
27	M10 x 4 ¾" Carriage Bolt	4
28	Ø ¾" Chrome Washer	12
29	Ø ¾" Washer	27
30	Ø 5/8" Washer	4
31	M10 Chrome Aircraft Nut	6
32	M10 Aircraft Nut	19
33	Backrest Board	1

IMPEX INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX[®]") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state.

Register on-line www.impex-fitness.com

**IMPEX[®] INC.
14777 Don Julian
City of Industry, CA 91746**

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-999-8899 during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

info@impex-fitness.com

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase